

The Nutrition Prescription



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Dr. Low Dog takes you on an informative journey through the current state of American nutrition, specifically looking at risk populations regarding macro and micronutrients, and the role of nutrition in the prevention and management of many chronic disorders. She will explore the evidence behind such dietary approaches as the Mediterranean diet, Slow Carb diet, DASH diet, and Low-Glycemic Load diet.

This 3 hour video (approx.) was recorded live and includes Dr. Low Dog, her full color PowerPoint presentation (116 slides), and audio. Price: \$59.99

Topics Include:

1. Diet – Why your current diet may be leading you to poor health and possibly setting you up for chronic illness.
2. Foods – How you can choose the right dietary pattern for you and your family.
3. Chronic Disorders and Diet – What is the latest science on how nutrition effects your risk for heart disease, cancer, obesity, diabetes, and depression.
4. Portion Distortion – a game of perception. See how you view portion sizes and calorie intake!
5. Nutrition Labels – how to read and use them to choose the right foods for you.
6. Dietary Patterns – Dr. Low Dog reviews several dietary patterns that research shows may reduce your risk for chronic disease. She explains what makes them effective & why, and who should use them.

Each subject is covered with a critical look at the evidence. Complete with references to the scientific studies that Dr. Low Dog bases her understanding upon.